



# the voices of **CLOVER MAMA AFRIKA**

Edition 04 | July 2021 | Ukwakha Isizwe



## Foreword

Time flies when you are having fun.... they say! The last couple of months has in fact flown by. We've been extremely busy and our work was done with absolute passion and pride.

One never retires from Clover Mama Afrika - there is always too much work to be done! Therefore, I prefer to call it rewire. I cannot believe that the first meetings held in 2002 to explore an initiative to uplift women in communities countrywide, have led me to manage an award- winning corporate social investment project for the past 18 years.

Clover Mama Afrika continues to meet its core objective of providing women with the opportunities to become self-sustainable. This is done through the skills training provided, including bread baking, sewing, cooking and baking, food gardening, quilting, mosaic, hairdressing, egg laying projects and even welding. In addition, the Clover Mama Afrikas have all received equipment, appliances and the necessary support to create employment and offer an accessible and affordable service to their respective communities. We have over the past 17 years provided no less than 440 skills training opportunities to a total of 2 313 individuals. That is a fact.



I want to take this opportunity to also thank **Joelle Berry**, who worked with me for ten years. She was willing to participate in whatever I suggested should be done and she selflessly supported me with any task at hand without fail.

Together, we traveled thousands of kilometers, drank many liters of water and our walking during roadshows kept us healthy. Her famous shout, "Attention!", will stay with everyone for a long time. Joelle is rehoming to the beautiful Struisbaai and I wish her only the best with healthy blessings. I, together with the Clover Mama Afrikas, will miss her dearly.

Our success is also attributed to the project partners and suppliers who share our passion. With your support we have been able to do so much more. I am pleased to share what we've been up to over the last couple of months and look forward to the second half of the year.

*Prof. Elaine Vlok*  
*Manager: Clover Mama Afrika*

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## 54<sup>th</sup> Contract in 48 communities signed

Initially, 48 Clover Mamas were appointed. Over the years, Mamas were selected as successors, which added up to an official current total of 54 appointees across South Africa! Mama Feziwe Gambo from Ezimbokodweni in KZN is the latest Mama to join our family.



Mama Feziwe's bakery is well taken care of by Skhumabuzo, who is responsible for the cooking. **Pamela Gambo** (Mama Feziwe's daughter) is the baker and **Thabile Mbunbe** assists Skhumabuzo with the cooking. This team will soon be joining the next Advanced #1 Cooking & Baking course, as well as the Progressive Biscuit Baking course.

"Mama Feziwe comes highly recommended by our long-term supplier, Siyabonga Africa, who assisted her with a bakery. We finally had the opportunity of visiting and evaluating her centre. I was extremely impressed with her set-up and with the fact that she already had an infrastructure for a baking and cooking project. I am looking forward to taking her bakery to new heights. Mama Feziwe will also be joining the new group of sewers for an upcoming sewing course with Bernina. We are happy to have Mama Feziwe join the Clover Mama Afrika sisterhood," Prof Elain.

Mama Feziwe started the House-Kids Educare Centre in 2010 when she was the member of a church community project which saw far too many children under the age of four left unattended. "Seeing these children touched me deeply and I started a childcare centre to offer kids a safe shelter and the nurturing that they deserve. Today, I have 357 children



House-Kids Educare Centre is clean, neat and safe for all the children and 18 caregivers who attend daily.



Little Superman having a well-deserved nap..

between the ages of three months and seven years old and I also care for 30 elderly members.”

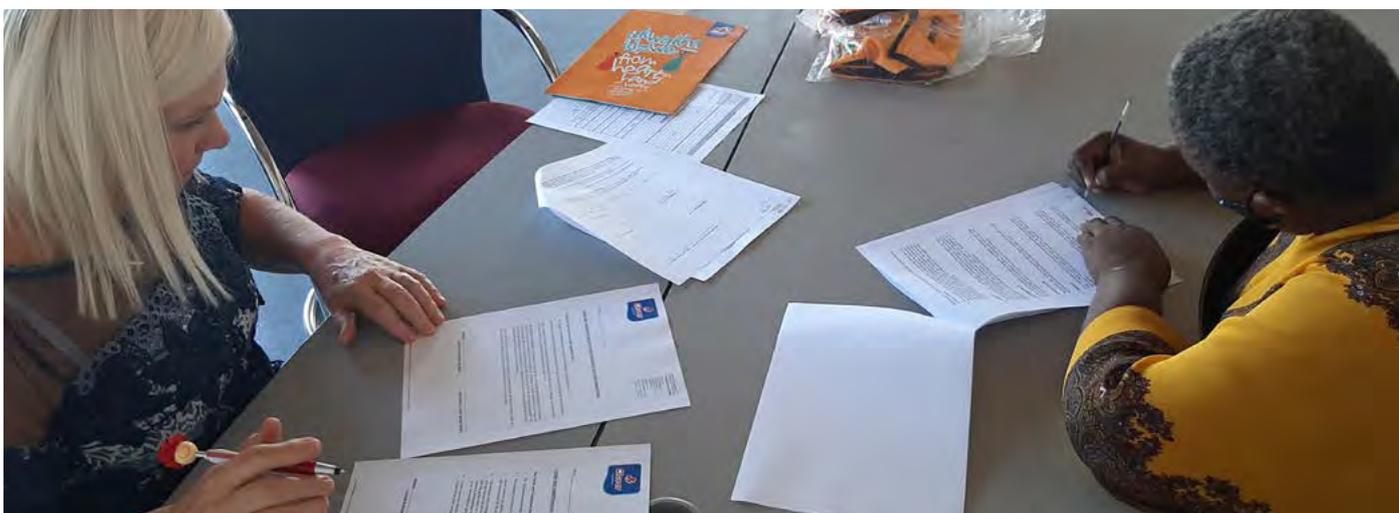
Mama Feziwe is married to a pastor and has three children. Being a pastor’s wife means taking care of a whole community. She is the chairperson of the Umbumbulu ECD Association with 55 members and is also the secretary of Umbumbulu NPO Forum with an additional 99 members under her care.



*Prof Elaine and Mama Feziwe with some of the small bakes including Chelsea Buns, which are good sellers in the Ezimbokodweni community.*



*One of the many well-structured classrooms at House-Kids Educare Centre.*



*Prof Elaine goes through all the contract documents with Mama Feziwe, which leads to.....*



*signed and sealed. Welcome to the Clover Mama Afrika sisterhood!*



# Winter drive indeed

Clover Mama Afrika once again received the gift of blanket warmth from long-term project partner Aranda Textiles. We also received beanies knitted with love and pride and countless bags filled with winter clothing courtesy of our very own Clover Call Centre. "It is always the best time when we pack the Aranda blankets for distribution to our Clover Mama Afrikas countrywide. This year, we added the beautifully knitted beanies as well as winter clothing. Thank you to our special friends for this wonderful winter drive," Prof Elain.



Mama Daphne of Roodewal ensures that all her members are warm this winter with their Aranda blankets.

“  
We make a living  
by what we get. We  
make a life by what  
we give.”  
- Winston S. Churchill -



Mama Albertina of Alexandria is snugly warm in her Aranda blanket and the children are wearing their colourful beanies.



*Mama Kedibone's orphans are ecstatic with their new beanies.*



*Mama Mirriam Makamu loves her blanket and is grateful for the donation.*

“ Giving frees us from the familiar territory of our own needs by opening our minds to the unexplained worlds occupied by the needs of others. - Barbara Bush - ”



*Mama Selestien and her mom are over the moon with the designer blankets.*



*Prof Elaine is delighted to hand deliver Mama Dorah's blankets personally.*



*Mama Lizzy and the little ones could not be happier being snug and warm.*

# Clover Call Centre extends the winter drive

Freedom Mbenyane, Teleseller at CSC, initiated a Clover Park Head Office donation drive to purchase wool and receive blankets for Clover Mama Afrika: "I am glad to inform you that it went very well - better than we thought considering we had a very slow start in the early morning with only few R1 and R2 coins here and there. But we managed to raise a blanket and R 1 907 in cash donations. It warmed our hearts to see Clover Park Head Office participate and it helped us immensely with our vision of making this winter drive a success. For that we cannot thank them enough."



*The magnificent CSC team that made it all happen.*

## On-site cake baking with Mama Dorah

After Mama Dorah of Seshego recently completed the virtual Progressive Cake Baking & Decorating she needed some personal guidance. Prof Elain did not waste any time and jumped into action by doing an on-site evaluation and training course. "Mama Dorah is always in her element when she cooks and bakes, but when I evaluated her report, it was clear that she needed some assistance with the baking. Being on-site with her, I could immediately see the small errors she made.

Now she is ready to tackle any cake baking and decorating." Mama Dorah says that "Prof Elain helped me understand the importance of measuring your ingredients 100% for the best results. I enjoyed it a lot and realised that you also need to cook and bake with quality ingredients and follow the recipes accurately. It was tough, but also fun. I am very grateful for her help as we get a lot of orders for cakes and need to supply the best quality."



*Mama Dorah is grateful for redoing the Progressive Cake Baking course with Prof Elain and is proud of the quality results.*



*Whilst on-site, Prof Elain also provided Mama Dorah with a much needed three-burner boiler plate and a double hot plate.*

# Mix Telematics enables Clover Mama Afrika to provide valuable skills

Clover Mama Afrika was able to provide four additional skills training sessions to no less than 19 training beneficiaries thanks to MiX Telematics. "We are proud to have MiX Telematics as a long-term project partner. As a result of their continued financial support, they have enabled us to provide valuable skills training over the last decade and this year is no different. This past month, we conducted skills training in Progressive Cake Baking & Décor, Advanced #1 Cooking & Baking, as well as a basic beginner and progressive sewing courses," Prof Elain.



## Advanced #1 cooking and baking

It was camera, lights and action for the Advanced #1 Cooking and Baking course with Prof Elain and Jan Botha.

The training module includes 23 recipes that are cost effective but a tad more upmarket for catering services. "It is important that the Clover Mama Afrikas provide a variety of new dishes to cater for their market. This will take their catering services to new heights. I am proud that the cooking and baking project has enabled the Clover Mama Afrikas to increase their collective income by 27%. This is attributed to the regular training they receive which offers new recipes," Prof Elain.



*Prof Elain in action demonstrating scrumptious dishes to take the Clover Mama Afrikas' catering services to new heights.*



**Learn** how to cook. **Try** new recipes. **Learn** from your mistakes, **be fearless** and above all **have fun**.

- Julia Child -



# Sewing skills for new trainees

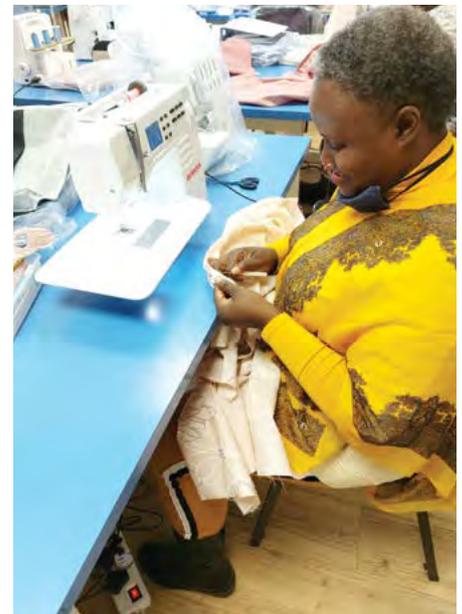
It was time to welcome the new 2021 sewers at Bernina for a basic beginner's course.

"I was happy to have both our newly appointed Clover Mama Afrikas join this group of sewers. Mamas Kedibone Miyambo of Hammanskraal and Feziwe Gambo of Ezimbokodweni readily tackled their skills learning together with new members from Seshego, Hazyview and Upington," Prof Elaine.

The basic beginners course facilitated by Linda Venter of Bernina includes the making of a caftan dress. "I was impressed to see that out of the seven trainees, most had sewn before just not on Bernina sewing machines. They quickly learned that there is only one way to sew and that is the correct way. I look forward to having them join the original 2021 sewers as I am sure that they are now ready to join in," Linda Venter.



*Mama Kedibone perfects her 'grading' skill. "I have learned so much about sewing. It makes such a difference to learn from the best. I cannot begin to explain how wonderful it is to be part of this training and I am proud to have my second in charge, **Annah**, with me as she also does a lot of sewing. I can only thank Clover Mama Afrika for all the opportunities."*



*Mama Feziwe learned that the unpicker is her best friend. "I am very excited to be here and improve my sewing skills with professional training and equipment. It is a blessing to be a Clover Mama Afrika. Thank you."*



*The new 2021 sewers arrived at Bernina a tad nervous but excited. FLTR: **Mama Kedibone** and **Annah** of Hammanskraal; **Mama Mpho** of Upington; **Prof Elaine** and **Linda Venter**; **Mamas Agnes** and **Veronica** of Seshego; **Mama Laizer** of Hazyview and **Mama Feziwe** of Ezimbokodweni.*



*The new 2021 sewers successfully completed their first week of training. FLTR: **Mama Veronica** Chuene of Seshego; **Mama Laizer Mlazi** of Hazyview; **Mama Mpho Qwasha** of Upington; **Mama Feziwe Gambo** of Ezimbokodweni; **Mama Agnes Molepo** of Seshego; **Mama Kedibone Miyambo** and **Annah Mashishi** of Hammanskraal.*



## Sewers return for progressive course

Less than a month later, the new sewers that attended the basic beginners course returned to join the original 2021 sewers for a Progressive Sewing Course.

Linda Venter of Bernina confirmed that their work and homework was done well with minor issues to be assisted with. Mamas Kedibone of Hammanskraal and Feziwe of Ezimbokodweni were glad to be back and concurred that, “we are far less nervous than with our first training session. We are very excited to learn more and fix our mistakes.”

Prof Elaine visited the group and added, “I am pleased with this group of sewers as they are eager to learn and not scared to use the unpicker to sew the accurate way. These sewers will go a long way with practice. Linda is the best teacher they could ever wish for.”



*Mama Gail sewing a collar.*



*Mamas Mpho and Tina focus on perfecting their progressive sewing skills.*



*2021 sewers successfully completed their Progressive Sewing Course. FLTR: Mamas Kedibone; Feziwe and Gail; Mpho; Tina; Laizer; Ntombintombi; Gina and Annah.*



# Phyllo Spinach Pie

*Serves 8*

## Ingredients

3 cups (about 675g) Cheese  
(mixture of Clover Cheddar  
Cheese, Clover Feta and  
Mozzarella)  
1 packet (250g) Spinach, wilted  
2 cups (500ml) Clover Fresh  
Cream  
4 Large eggs  
100g Clover Mooi River Salted  
Choice Butter  
1 packet Phyllo pastry, defrosted  
  
Sesame seeds, to garnish

## Method

1. Preheat the oven to 180°C.
2. Mix the cheese, spinach, eggs and cream together, set aside. Melt the butter and brush 5 layers of phyllo sheets well. Make sure you paint each sheet with a thin layer of butter.
3. Place all 5 sheets on top of each other in a round oven proof dish (let the extra phyllo hang over the dish to fold over afterwards).
4. Spoon the spinach mix into the dish on top of the phyllo pastry.
5. Fold the overhanging phyllo on top of the spinach mix to create a cover.
6. If it does not cover the mixture completely, brush some additional sheets of phyllo with melted butter and cut into strips. Twist and fold the strips and place on top of the spinach mixture.
7. Brush the top of the pie with a little extra melted butter.
8. Sprinkle sesame seeds over the pie.
9. Bake for 1½ to 2 hours.
10. Once set and the phyllo is cooked through, remove from the oven and allow to cool slightly before cutting.

# Orange & Rum Chocolate Pots

Serves 8

## Ingredients

200g (1 slab) Good quality dark chocolate

1 cup (225g) Clover Springbok

Unsalted Butter

2 T (30ml) Dark rum

4 Large eggs

4 Large egg yolks

1 cup (200g) Sugar

½ cup (65g) Cake flour, sifted

Zest of one orange

## Method

1. Preheat the oven to 180°C.
2. Grease 8 ramekins or small pie dishes with butter.
3. Melt the chocolate and butter together in a double boiler over simmering water.
4. Remove from the heat and stir in the rum and orange zest.
5. Allow to cool to room temperature.
6. Beat the eggs, egg yolks and sugar together with an electric mixer until thick and pale.
7. Lightly fold in the chocolate mixture and sifted flour.
8. Pour equal amounts of batter into the moulds.
9. Place on a baking tray and bake for 10 - 15 minutes or until the surface is crusty and the centres still soft.
10. Serve hot.

## Tips

Serve with whipped Clover Fresh Cream.





# Beef & Vegetable Soup

*Serves 12*

## Ingredients

¼ cup (60g) Clover Butro Full Fat Modified Butter  
 2 T (30ml) Clover Olive Pride Extra Virgin Olive Oil  
 1.5kg Beef shin, bone in  
 3 Large onions, thinly sliced  
 2 Large potatoes, peeled and grated  
 6 - 8 Medium carrots, peeled and grated  
 ½ Large cabbage, shredded  
 ½ Pumpkin, cubed  
 4 - 6 Baby marrows, cut into rounds  
 1 Broccoli head, cut into florets  
 1 Bunch of spinach leaves, washed and shredded  
 3 packets Knorr oxtail soup

## Method

1. Heat half the butro and half the olive oil in a large heavy bottomed pot.
2. Fry the shin in batches, setting aside once browned.
3. Add the remaining butro and olive oil to the same pot and fry the onions over a medium heat until translucent, scraping all the bits of shin on the bottom of the pan off as you fry.
4. Add the potatoes, carrots, cabbage and pumpkin.
5. Return the shin to the pot, cover with water and cook for 4 hours. Check on it every-so-often, stir and add more water if needed.
6. If you want a smooth soup, remove the shins from the pot after 4 hours and blend the vegetables till smooth (you can also do half and half, or leave it chunky).
7. Cut the shins into bite-sized pieces and return to the pot, discarding the bones.
8. Add the baby marrows, broccoli and spinach.
9. Mix the soup powder with 1 litre cold water and add to the pot.
10. Cook until the soup thickens.
11. Season well with salt and pepper.
12. Serve hot wxith seeded bread.



Salt and pepper to taste.  
 Seeded bread to serve.

# Christmas in June for all Clover Mama Afrikas

It was a good day when C&R Brand Solutions donated an abundance of corporate clothing and gifts to be distributed to all Clover Mama Afrikas countrywide. "We cannot thank C&R Brand Solutions enough for this wonderful gesture. It was like Christmas in June when our Mamas opened their boxes. The clothing and stationery came at a good time for them. We look forward to receiving photos from our Clover Mama Afrikas on how they shared the gifts with their members," Prof Elain.



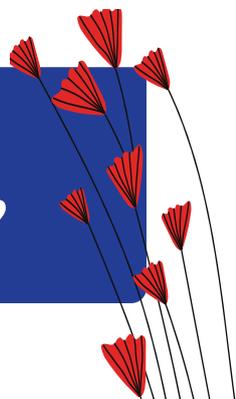
*C&R Brand Solutions' donation of corporate clothing and gifts took up a huge area during repacking!  
Each Clover Mama Afrika centre received valuable and quality goods.*

“

The smallest act of kindness is worth more than the grandest intention.

- Oscar Wilde -

”





## Midyear breakaway: Train-the-Trainer

### Clover Mama Afrikas were reunited for an interactive three-day networking session in Mpumalanga.

The main objective of the Train-the-Trainer session was to share the ways each Mama manages her self-help project on a day-to-day basis. The group worked through the importance of planning, preparation, balance creation and execution for top quality results.

In order to make the sessions even more interesting, the mosaic skill was used as a blueprint: in order to create a masterpiece mosaic, one *plans* the mosaic, *prepare* the colour tiles, create a *balance* with the colours and *execute* for quality results.



Clover Mama Afrikas were reunited for an interactive three-day session.



Mama Sipiwe Solomons (middle) welcomed all Clover Mama Afrikas to her "neighbourhood" in the true spirit of Ubuntu. Newly appointed Mamas Feziwe Gambo of Ezimbokodweni and Kedibone Miyambo of Hammanskraal did the honours of introducing the beautiful cake to be shared at teatime.



Prof Elain handed over Mamas Yvonne and Felicity's certificates for successfully completing the recent quilt course.



*In true Clover Mama Afrika fashion, no time was wasted with the evenings being as productive as during the day. Mamas tackled their mosaic workshop courtesy of Eqstra Flexi Fleet.*



*The Clover Mamas enjoyed the interactive sessions where they learned so much more from one another, at the same time increasing their confidence.*



*Mama Kedibone received a smaller, but equally challenging mosaic element to showcase her structured life skill. "I thoroughly enjoyed applying meticulous methods to working with mosaic. This is my first mosaic project and I can now see how one applies basic life skills to everything you do. I have learned a great deal and feel very blessed."*



*The more experienced mosaic students undertook a larger project. "Mosaic is one of my favourite projects to do and it was fun creating balance with the colours. I learned that one has to create balance in your life too," Mama Felicity.*



Time to get our hands 'dirty' with the grouting of our masterpieces. From the front: **Mamas Glenrose** of Mdantsane; **Felicity** of Soweto; **Dorah** of Seshego; **Gail** of Magaliesburg and **Selestien** of Ashbury.



**Mama Feziwe** Gambo of Ezimbokodweni was awestruck with her new-found mosaic talent. "I never thought that one could relate artistic talent with how you plan and execute your day-to-day responsibilities. This week was an eye-opener for me and I am truly grateful to have been part of this learning."



The mid-year breakaway session ended off on a high with **Prof Elaine** announcing her Top Five Ambassadors (read more about them in our upcoming newsletter). Front: **Mama Sipiwe Solomons** of Hazyview. FLTR: **Mamas Mirriam Toni** of Mbekweni; **Selestien Moses** of Ashbury; **Rina Malan** of Pretoria and **Mirriam Makamu** of Tembisa.



No matter how big or small the task was – planning, preparation, balance and execution were done with quality results.



Prof Elaine standing proud with exceptional Clover Mama Afrikas. Together we work towards creating an all-inclusive, beautiful country.

## Testimonials from our Clover Mama Afrikas



**MAMA  
ALBERTINA BLOKO**

**What major change did you experience as a CMA?**

I can do it all. I learned to be independent.

**What will you remember Prof for the most?**  
Her love and laughter.



**MAMA  
ENGELINA MOLETE**

**What major change did you experience as a CMA?**

Self-worth.

**What will you remember Prof for the most?**  
Assertive, strict and knows what she wants.



**MAMA  
LINAH MARUMO**

**What major change did you experience as a CMA?**

Having many skills.

**What will you remember Prof for the most?**  
Her love; how to fish for your own success.



**MAMA KEDIBONE MIYAMBO**

**What major change did you experience as a CMA?**

My dreams came true.

**What will you remember Prof for the most?**  
Down to earth, supporting others and changing lives, putting smiles on our faces.



**MAMA YVONNE DU PREEZ**

**What major change did you experience as a CMA?**

To be my own boss.

**What will you remember Prof for the most?**  
Use your hands/never go out with your PJ and curlers / do what you do best.



**MAMA  
DORAH SEMENYA**

**What major change did you experience as a CMA?**

Grew from zero to hero and became popular.

**What will you remember Prof for the most?**  
Dynamic, inspirational, hard worker, caring and loving person.



**MAMA  
DAPHNE OLIPHANT**

**What major change did you experience as a CMA?**

To believe in myself.

**What will you remember Prof for the most?**  
#1 must look after #1, "vuil ding is 'n vuil ding en dit was nog nooit 'n skoon ding gewees." Attend to all with an open mind.



**MAMA  
DORIS NNDINGANE**

**What major change did you experience as a CMA?**

Managed to educate my kids and support the community.

**What will you remember Prof for the most?**  
Straight to the point, loving, willing to help, shoulder to cry on, good listener.



**MAMA SHIRLEY MERIME**

**What major change did you experience as a CMA?**

To make a difference all the time.

**What will you remember Prof for the most?**  
She always finds a way to make a difference.



**MAMA MIRRIAM TONI**

**What major change did you experience as a CMA?**

Improved self and self-sustainable.

**What will you remember Prof for the most?**  
Straight forward, laughter, kind, giver and beautifully dressed.



**MAMA  
LIZZY MAGAMA**

**Name three most important things you've learned through CMA**  
Skills / respect / hard work.

**What will you remember Prof for the most?**  
Hugger, laughter, dancing.



**MAMA  
FEZIWE GAMBO**

**What major change did you experience as a CMA?**  
Confidence and self- esteem.

**What will you remember Prof for the most?**  
Straight to the point, caring and loving.



**MAMA  
GAIL KOEBERG**

**What major change did you experience as a CMA?**  
Acquiring skills and generating income.

**What will you remember Prof for the most?**  
Passionate, caring and loving.



**MAMA PHUMLA GOJE**

**What major change did you experience as a CMA?**  
Job creation, feed kids on streets with a loaf of bread a day, financial management.

**What will you remember Prof for the most?**  
Assertive, ambitious, caring, community builder.



**MAMA MARY LWATE**

**What major change did you experience as a CMA?**  
I feel like someone who has been to school where I learned so much. CMA respects me even though I never went school as a child.

**What will you remember Prof for the most?**  
There is no one like Prof Elain.



**MAMA GLENROSE  
MASHIQA**

**What major change did you experience as a CMA?**  
I learned to count on myself to survive.

**What will you remember Prof for the most?**  
Her kindness and generosity. Always there to help.



**MAMA  
PHOMOLO RAISA**

**What major change did you experience as a CMA?**  
Teamwork = success.

**What will you remember Prof for the most?**  
Caring, loving, thinking more about other people than herself. Mother to all.



**MAMA  
FELICITY MALULEKE**

**What major change did you experience as a CMA?**  
Self-esteem. How to look for opportunities.

**What will you remember Prof for the most?**  
Strong personality, strength, motherly love.



**MAMA  
MIRRIAM MAKAMU**

**What major change did you experience as a CMA?**  
To help community.

**What will you remember Prof for the most?**  
Strict/cleanliness and hygiene/always active.



**MAMA NONDUMISO  
MPITIMPITI**

**Name three most important things you've learned through CMA**  
I am recognised as a business woman.

**What will you remember Prof for the most?**  
Caring, reliable and punctual.



**MAMA ROSEMARY  
MACHOGO**

**What major change did you experience as a CMA?**  
Self-sustainable.

**What will you remember Prof for the most?**  
Big forgiving heart.



**MAMA SELESTIEN MOSES**

**What major change did you experience as a CMA?**  
Believing in myself and to be the change we need to be.

**What will you remember Prof for the most?**  
Always positive /never giving up on anyone/laughter/ love/ assertiveness with good reason to get the best out of you.



**MAMA SIPIWE SOLOMONS**

**What major change did you experience as a CMA?**  
To manage my own business effectively by measuring and being innovative.

**What will you remember Prof for the most?**  
Number 1 must take care of number 1, laughter and joy, believe in yourself.

**“Wherever you go, no matter what the weather, always  
bring your own sunshine.”**

**-Anthony J. D’Angelo-**

Until next time ...  
Best wishes,  
Prof Elain Vlok



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